



Women's Large Hill Ski Jumping is a brand new event at the 2026 Winter Olympics in Italy. This is the first time ever that women will jump from the large hill at the Games. The event will take place in Predazzo, a mountain town in the Val di Fiemme region of Italy.

What Is Large Hill Ski Jumping?

Ski jumping is a sport where athletes slide down a long, steep ramp and jump into the air. They try to fly as far as they can while keeping good balance and landing safely. In the large hill event, the hill is bigger and the jump is longer than in the normal hill event. This means athletes can fly even farther and faster.

Why Is 2026 Special?

Women have only been allowed to compete in ski jumping at the Olympics since 2014, and only on the normal hill. 2026 is the first year women get to compete on the large hill. This is a big step forward for the sport.

How the Event Works

- All athletes take two jumps.
- Judges score them on:
 - o How far they jump
 - o How good their body position is
 - o How well they land
- The scores from both jumps are added together to find the winner.

Who Will Be Competing?

Alexa Loutitt and Abigail Strate are Canada's top women's ski jumpers, set to compete in the new large hill event at the 2026 Winter Olympics. Loutitt is a World Champion, and Strate recently won silver in Lillehammer, showing they're ready to soar on the world stage.

Fun Facts

- Ski jumpers can fly over 300 feet in the air.
- They can travel faster than 55 mph going down the ramp.
- Wind can change a jump, so judges adjust scores to keep things fair.





Use the “Large Hill vs. Normal Hill” chart to answer the questions.

Part A: Multiple Choice

1. Which hill has the hill size listed as HS109?

- a. Normal Hill
- b. Large Hill
- c. Neither

2. Which hill usually has jump distances between 120–140 meters?

- a. Normal Hill
- b. Large Hill
- c. Both

3. Use the “Large Hill vs. Normal Hill” chart to answer the questions.

- a. Normal Hill
- b. Large Hill
- c. They are the same

4. When was the women’s normal hill event added to the Olympics?

- a. 2026
- b. 2014
- c. 2006

5. When will the women’s large hill event appear in the Olympics for the first time?

- a. 2026
- b. 2014
- c. 2030

Large Hill vs. Normal Hill		
Feature	Normal Hill	Large Hill
Hill Size	90 m (HS 97)	120 m (HS 128)
Jump Distance	Shorter jumps	Longer jumps
Speed	Around 55 mph	Around 60 mph
Difficulty	Hard	Harder because of longer flight
Women's Olympic	Added in 2014	Added in 2026

Part B: Short Answer

6. What is the hill size (HS) of the Normal Hill? _____
7. What is the hill size (HS) of the Large Hill? _____
8. How far do athletes usually jump on the Normal Hill? _____
9. How far do athletes usually jump on the Large Hill? _____
10. Why is the Large Hill considered harder? _____

Part C: Thinking Question

11. If you were a ski jumper, which hill would you choose to try first — Normal Hill or Large Hill?



Ski mountaineering, also called skimo, is a fast and exciting winter sport. It will be the only new sport added to the 2026 Winter Olympics in Milano Cortina. Many people are curious about it because it mixes skiing, climbing, and racing all in one event.

Skimo began in the Alps, a famous mountain range in Europe. For many years, people in the Alps used skis to travel up and down snowy mountains. Over time, this turned into a competitive sport. Today, skimo is growing

quickly around the world.

At the 2026 Olympics, skimo will include two sprint races (one for men and one for women) and a mixed relay, where teams of one man and one woman race together. These races are short but very intense. They take place on steep, snowy mountains with beautiful views.

Many athletes train hard for skimo. Some well known skimo racers include Emily Harrop from France, Anna Gibson and Cameron Smith from the United States, and Johanna Hiemer from Austria. They practice climbing uphill on skis, walking with skis on their backpacks, and skiing downhill at high speeds.

Skimo has become popular in many countries. The first Ski Mountaineering World Championships took place in 2002 in France. Since then, the event has been held every two years. There is also a World Cup series each year with several races in different countries. The sport is run by the International Ski Mountaineering Federation (ISMF), which includes 38 nations. Skimo was even part of the 2020 Winter Youth Olympics.

Italy is one of the strongest countries in skimo. Italian athletes have won many major races in the last decade, and the sport is especially loved in the Alpine regions of the country.

Skimo races are exciting because they include both climbing and skiing. The most common Olympic event is the sprint race. Even though it lasts only about three and a half minutes, it has many parts. First, athletes climb uphill on skis. Then they take off their skis, attach them to their backpacks, and climb a set of steps. After that, they put their skis back on and climb again. At the top, they remove the climbing skins from the bottom of their skis and race downhill to the finish line. The fastest racers move on through elimination rounds until the final race decides the medals.



Ski Mountaineering



The mixed relay is another Olympic event. Each racer completes two climbs and two downhill sections. They also have a part where they must walk uphill with their skis strapped to their backpacks. When one teammate finishes, they tag the next teammate to continue the race.

Skimo is special because it is a human powered sport. Athletes rely on their own strength to climb the mountain.

They use special equipment like lightweight skis, climbing skins, and backpacks designed for quick transitions. Races can be short, like the sprint, or very long—sometimes lasting up to five hours.

People of many skill levels enjoy skimo. Some races are for beginners, while others are for elite athletes. Skiers, snowboarders, and telemark skiers can all take part in certain events. Many people love skimo because it combines adventure, fitness, and the beauty of winter mountains.

Skimo has a long history. It was connected to the biathlon at the 1924 Winter Olympics in Chamonix. After many years away from the Games, skimo is finally returning in a modern form at the 2026 Winter Olympics. Today, it is extremely popular in Europe and is becoming a trendy winter sport in North America too.

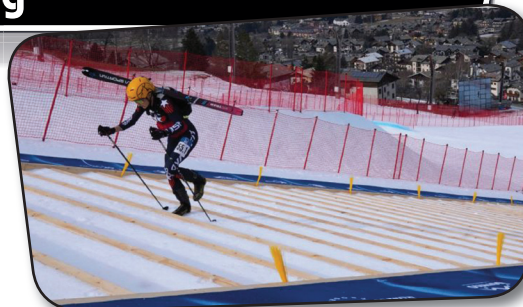
Skimo is more than just a race—it is a way to explore nature, challenge yourself, and enjoy the snowy mountains in a whole new way.





Answer the following questions using sentences.

1. What two skills are combined in ski mountaineering?



Kelly Wolf

2. Why do athletes use special climbing skins on their skis?

3. What is the main goal of a ski mountaineering race?

4. Why do athletes need strong endurance for this sport?

5. What safety equipment do ski mountaineers often carry?

6. How is ski mountaineering different from regular downhill skiing?

7. Why is it important for athletes to understand mountain weather?

8. What does "transition" mean in ski mountaineering?

9. Why do some races include both uphill and downhill sections?



Ski Mountaineering

Taking a deep dive into the newest Winter Olympic sport

Or

<https://smcc.ski/>



CLIMBING SKINS

BACKPACK

SKI POLES

After reading the information on the website write a few paragraphs sharing if you would or wouldn't try this new sport.

Ski Mountaineering

1. It combines climbing uphill and skiing downhill on snowy mountains.
2. Climbing skins help athletes grip the snow so they don't slide backward while going uphill.
3. The goal is to complete the course as fast as possible, including all climbs and descents.
4. Athletes need endurance because they climb long distances uphill and race for a long time.
5. They often carry helmets, avalanche gear, and emergency supplies.
6. Ski mountaineering includes climbing uphill, not just skiing down, and it takes place on natural mountain terrain.
7. Weather can change quickly in the mountains, so athletes must stay safe and prepared.
8. A transition is when athletes switch from climbing mode to skiing mode, or the other way around.
9. Because the sport is designed to test both climbing strength and downhill skiing skill.

Ski Mountaineering

Answers will vary.

Women's Large Hill Ski Jumping

1. a) Normal Hill
2. b) Large Hill
3. b) Large Hill
4. b) 2014
5. a) 2026
6. HS109 (K point 98 m)
7. HS123 (K point 128 m)
8. About 90–100 meters
9. About 120–140 meters
10. Because the jumps are longer and the speeds are higher.
11. Answers will vary.

